

The Kung Fu Journey

As a student of Bei Dou Kung Fu Academy, you will embark on a journey that will shake the very foundation of your being. This journey is riddled with sweat and tears, triumphs and tribulations. There is a clear beginning, but no definite end. Only one thing is certain: as you progress further down the path of the martial artist, you will be able to achieve that which is unimaginable to others. You will live a life strong and free!

- Practice basic forms and techniques.
- Increase strength, endurance, flexibility, and agility.
- Develop focus, discipline and respect.
- Learn about traditional Chinese culture.

- Cultivate strong moral character.
- Live with the commitment and conviction to help others.
- Execute techniques skillfully and fearlessly.
- Generate maximum power and speed in every movement.

- Emanate the Essence, Breath and Spirit of Wushu with every action and every word.
- Become a magnanimous and righteous individual.

Meet the Instructors

No one is more qualified to guide you through your Kung Fu journey than the instructors at Bei Dou Kung Fu Academy.

Xiaofei Dong

- Graduate of the Beijing University of Physical Education, China's most prestigious athletic university.
- Former head coach for the Korean National Wushu Team and the Indonesian National Wushu Team.
- Former coach for the Beijing Professional Wushu Team.
- Founder and President of Bei Dou Kung Fu.

Qiang Li

- Former Beijing Wushu Team A Team athlete.
- A top student of Jet Li's coach, Wu Bin.
- All-China female champion in Double Broad Sword, Staff and Southern Fist.
- National "Jian Jiang" level athlete, recipient of the Professional Wushu Sixth Duan degree, certified member of the National Wushu Associations of China and America.

START

Begin your Kung Fu journey today!